

 AMERICAN LUNG ASSOCIATION®

Freedom

FROM SMOKING®

The Guide to Help You Quit Smoking



Starting Out

Removing
Roadblocks

Getting Ready to Quit

Your Quit Day

*Staying Off
Cigarettes*

Sliding Back

Becoming a Nonsmoker



On the Road to
Staying Smoke-Free

This Book Belongs To:

*Today I am committing to a plan that will
enable me to quit smoking.*

1-800-LUNG-USA

1-800-586-4872

www.LungUSA.org

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Starting Out

This chapter of your guide talks about reasons people decide to quit smoking. We will ask what your reasons are.

This chapter is for everyone—even if you're not ready to quit smoking yet.

We Quit! You Can Too!

Congratulations! You're about to do one of the best things you can do for yourself and the people around you: stop smoking. This guide is written with the expertise of the American Lung Association—an organization with a long history of helping smokers quit. It's all here for you in the words of successful quitters. They'll tell you how they quit. Here's what one of the former smokers said:

"I thought quitting was just mind over matter. But I found out different. I learned how to quit. I learned how to keep my mind off cigarettes, how to keep from smoking when I'm with friends, and how to stay calm. You know what? This time I stopped for good."

Before you quit smoking, you need two things:

- **First**, you need to make up your mind that you really want to quit.
- **Second**, you need to find the best way to quit—a way that fits with your needs, your lifestyle, and your smoking pattern.

If you tried to quit before and went back to smoking, don't give up. Most people try a few times before they quit for good. This guide will help you get ready to quit.

The rest of this chapter covers some reasons why quitting smoking is one of the best things you can do for yourself. This chapter also asks you about your reasons for quitting.

You are now on your way to a smoke-free you and a smoke-free life. It will be a better life for you and the people close to you.

Want to know how you'll feel when you quit? Just ask people who have quit.

"My kids say they were worried about my smoking. They're happy that I've given it up!"



Quitting—Good for You...

Soon after you quit smoking:

- You'll have more energy and less stress.
- Your eyes and throat will be less irritated.
- Your smoker's cough will go away.
- Your senses of taste and smell will improve.
- You'll start to feel better within two weeks.

And over time:

- You'll have fewer colds and other respiratory infections.
- Your body will repair some of the damage from smoking.
- You will reduce your risk of cancer, heart disease, COPD, and high blood pressure.



...And Good for Everyone Around You!

Studies show that cigarette smoke is harmful to everyone who inhales it—not just to the smoker. Whether you are young or old, healthy or sick, secondhand smoke is dangerous. Breathing secondhand smoke can make you sick. Some of the diseases secondhand smoke causes can kill you. Smoking by pregnant women increases the risk of low birth weight and other birth complications, miscarriage, and death for newborn babies. For information about quitting during pregnancy, see page 54.

Children with Parents Who Smoke:

- Get more chest colds, ear infections, bronchitis, and pneumonia.
- Are more likely to be hospitalized during the first two years of life.
- May be smaller, and their lung development may be slower.
- Are more likely to smoke when they grow up.

Quitting can reduce all of these risks for you and your family.

Why Smokers Want to Quit

Here are some of the reasons smokers said they wanted to quit:

“I want to take more control of my life.”

“My son got married and had a child, and I didn’t want my grandson to see this. I’m very proud of myself. I know my grandkids probably won’t smoke because now no one in the family does.”

“I cough up mucus a lot. My doctor said that was a sign my lungs were hurting. I want to get rid of the cough and feel better.”

Your Reasons for Quitting

Sure, you know you want to quit smoking. But it’s good to think about your reasons for quitting. Then, if things get tough later, you’ll remember why you’re quitting and you’ll be able to fight the smoking urge. Check off the reasons you want to quit. If you don’t see your reasons, write them at the bottom of the page.

- ☐ For my health—to lower my chances of lung cancer, heart disease, COPD, and other serious illnesses.
- ☐ So my family will be healthier.
- ☐ To be in control of my life.
- ☐ So I won’t smell of cigarettes and my teeth won’t be yellow.
- ☐ To set a good example for my family.
- ☐ Out of respect for my body.
- ☐ So I’ll feel better. I won’t cough so much and I’ll have more energy.
- ☐ To save money.
- ☐ Other reasons to quit: _____

***The more you want to quit, the easier it will be to quit.
If you really want to quit smoking, it’s time to
move to the next chapter.***

Removing Roadblocks



This chapter of your guide suggests ideas for getting around roadblocks to quitting.

This chapter is for people who want to quit smoking but need to clear away problems before they start. Remember to contact the American Lung Association by calling 1-800-LUNG-USA for extra advice.

Your Roadblocks to Quitting

Don't blame yourself because you haven't quit already. Many smokers haven't quit because there's something holding them back. Here are some of the roadblocks that keep people from quitting. Check off any roadblocks that are holding you back. Then, learn how to clear them away.

☐ *I've already cut down—I don't need to quit.*

Good. You've gotten started! Now, finish the job by quitting. Smoking in any amount hurts your health.

☐ *There's too much going on in my life.*

Let's face it. We all have busy lives. There is no perfect time to quit. But the best time to quit is NOW! Pages 41–45 give ideas about how to deal with tension, fatigue, irritability, and other feelings.

☐ *My friends will make it hard for me to quit.*

Many people tend to smoke more around their friends, and it can be harder to stop if your friends smoke. Learn how to get people to support you (page 28) and how to say no if someone offers you a cigarette (page 45).

☐ *My spouse smokes. It would be too hard to quit with him smoking around me.*

Tell your spouse that quitting smoking now is very important to you. Ask your partner not to smoke around you and not to offer you cigarettes. If you slip and want to smoke, you'll have to go out to buy your own cigarettes. By the time you do this, the urge may pass.

☐ *I wouldn't know what to do without a cigarette.*

If you're one of those people who likes the feel of a cigarette and would be lost without one, you'll find some tips on pages 32–33.





☐ *I'll gain too much weight.*

Many people do gain weight when they quit, but the average gain is only about five to seven pounds. A little extra weight is much better for you than smoking. And, you can lose that weight over time. If you exercise (even a little) and prepare yourself with healthy snacks, you won't gain much. In fact, you may not gain any weight at all. See pages 11–13 for helpful tips on exercise and nutrition.

☐ *I've tried before—I just can't quit.*

Of course you can! Every smoker can quit. Think of your previous tries as “practice quits.” Making the decision to quit and creating a plan will make it easier for you to stop. Millions of people have quit. There are more ex-smokers than current smokers in the United States today. This guide will help you become an ex-smoker too!

☐ *I'll get too tense.*

Some smokers say smoking calms them. In fact, smoking is really a stimulant. It revs you up. There are many better ways to calm down. One of the best ways is with a relaxation exercise. Page 11 will show you how.

Now that you've thought about your roadblocks, you're ready to start getting rid of them. You can do it! In the next few pages, you'll learn ways of dealing with many roadblocks.

Three-Link Chain of Addiction

You probably know that many people find it hard to quit smoking. Most smokers know they're addicted, but they may not realize there are several aspects to their addiction. We call this the Three-Link Chain of Addiction. You'll have a better chance of quitting and staying quit if you address all three parts of the chain.

Physical

Smokers become physically hooked on the nicotine in cigarettes. Nicotine is an extremely addictive chemical that actually produces changes in a smoker's brain. As a result, having a cigarette decreases a smoker's anxiety level and can help improve their mood. Nicotine also stimulates the brain to release chemicals that make smokers feel more awake and alert.

Mental

Do you tend to have a cigarette at the same time every day? It could be during the drive to work, while talking on the phone, or after finishing a meal. Smoking becomes such an automatic behavior that you might light up without even thinking about it. Smokers may also link emotions such as pleasure or relief with having a cigarette.

Social

Smoking plays a huge role in our society. Teenagers often begin smoking to fit in with a group. Asking "Got a light?" is a common way to break the ice when you meet someone new. You might even have a group of friends that you met during smoking breaks at work.



Exercise... Improve Your Fitness as You Quit Smoking!

“Walking quickly for 20 minutes made me feel stronger. I went a little farther or a little faster every day. And I started parking in the far section of the lot at work. Doing this and walking three or four times a week, I even lost a little weight.”

Exercise helps many people quit smoking. It can help you relax (see the relaxation exercise below), and it can help you control your weight. Exercise can be as simple as choosing the stairs instead of the elevator, or getting off the bus a stop or two early.

If you want to do a little more, but you're not used to exercise, try walking. Thirty minutes at a steady pace most days of the week is good for your body. Other exercises you can do include jogging, biking, dancing, swimming, yoga, and gardening.

In general, light- and moderate-intensity exercise is safe for most people. People who have preexisting conditions such as heart disease or diabetes should talk to their doctor before beginning any moderate- or high-intensity exercise.

11

Stay Calm with a Relaxation Exercise

The simple exercise described below can help when you feel tense. Try it. You'll find you can relax without smoking. It'll also help when you're bored. Here's how to do it:

- Think about something that makes you feel good.
- Relax your shoulders. Close your mouth. Inhale slowly and as deeply as you can. Keep your shoulders relaxed.
- Hold your breath while you count to four.
- Exhale slowly, letting out all of the air from your lungs.
- Slowly repeat these steps five times.

Do this exercise at least once a day from now on. Do it more often once you stop smoking. You can also contact your local American Lung Association (800-LUNG-USA) for a CD of relaxation exercises.

“At first, I thought the relaxation exercise was silly. And it felt strange. But after a while it was natural. It works! Do it when you feel an urge to smoke. It will make you feel better!”

More Ways to Keep Trim

Many people gain some weight after giving up smoking. Maybe they start to burn calories a little more slowly. Food may taste better, or they may reach for food instead of cigarettes when they want something to do with their hands. But there is no rule that says you will gain weight. Everyone is different. And don't forget, a few extra pounds is not nearly as bad for you as smoking.

To avoid gaining weight, exercise! It helps you burn calories faster. Here are some other ways to help limit snacking:

- Drink a large glass of a low-calorie beverage. You'll feel less hungry.
- Keep your hands busy—try sewing, working on a puzzle, writing a letter, washing your hair.
- Learn to live with a little hunger. The urge to snack may disappear in a short time.
- Eat slowly. Don't eat on the run or in front of the TV. If you do, you may end up eating more.
- Make a list of five things you'll do before eating anything. For example:
 - Wash your face.
 - Weigh yourself.
 - Stand up and stretch for two minutes.
 - Trim, clean, or file your nails.
 - Make a phone call to a friend.
- Stock up on smart snacks like those listed on the next page. It's much healthier to reach for an apple than for a cigarette.



Smart Snacks

For something sweet, try:

- Pears
- Cantaloupe
- Fresh or canned pineapple
- Frozen fruit bar
- Berries
- Peaches
- Plums

For a crunchy treat, try:

- Apples
- Fresh vegetables—carrots, celery, broccoli
- Popcorn (popped without oil)
- Graham or wheat crackers

For a chewy nibble, try:

- ½ bagel or a slice of raisin bread
- Plain raisins
- Cereal, like shredded or puffed wheat, without milk
- Small bran muffin
- ½ whole-wheat English muffin
- Banana

Some more snacking ideas:

Juice pops: Freeze applesauce, crushed pineapple, or fruit juices in paper cups with a wooden stick for a handle.

Banana pops: Freeze half of a ripe banana on a stick. Dip in low-fat yogurt and sprinkle with wheat germ or high-fiber cereal.

Icy grapes: Freeze ½ cup of grapes. Drop them in your mouth and enjoy.

Homemade smoothies: Combine in a blender 1 cup of plain low-fat yogurt, 1 cup chopped fruit, and ½ cup of fruit juice.

And don't forget:

- Sugarless gum and candy
- Tomato juice
- Diet soda
- Fruit juice (without added sugar)
- Seltzer water



Are You Addicted to Nicotine?

This section helps you find out whether you might be addicted to the nicotine in cigarettes, and if you are, what you can do about it.

Most smokers do have a problem with the nicotine in cigarettes. It's the "physical" part of the Three-Link Chain of Addiction. Their bodies crave it, and they will smoke until their bodies have gotten their supply. To tell whether you may be addicted to nicotine, ask yourself these five questions:

- Do you smoke your first cigarette within 30 minutes of waking up in the morning?
- Do you smoke 20 cigarettes (one pack) or more each day?
- At times when you can't smoke or don't have any cigarettes, do you feel a craving for one?
- Is it tough to keep from smoking for more than a few hours?
- When you are sick enough to stay in bed, do you still smoke?

If you answered "yes" to two or more questions, you may be addicted to the nicotine in cigarettes.

The more "yes" answers you have, the more likely you'll benefit from using nicotine replacement therapy (NRT) or other medications to help you quit smoking.

What can you do if you are addicted?

- **Follow this Freedom From Smoking[®] program.** It's one of the best things you can do for yourself if you're addicted to nicotine. It will tell you how to deal with your cravings and how to get the support you need to quit smoking for good.
- **Consider using a quit-smoking medication to help you quit.** Nicotine replacement products in the form of gum, skin patch, lozenge, nasal spray, or oral inhaler supply nicotine to the body. This helps to control your cravings and reduces your urge to smoke during the withdrawal period. Two non-nicotine-based medications can also help smokers quit: bupropion sustained release (Zyban[®]) and varenicline (Chantix[®]). You'll learn more about these products in the next few pages.

Using Quit-Smoking Medications

Quitting smoking is a two-step process that includes: (1) overcoming the physical addiction to nicotine and (2) beating the mental and social parts of your addiction. Nicotine replacement products and the other quit-smoking medications help take care of the nicotine addiction so you can work on breaking the habit. These products are safer than smoking because they do not contain the more dangerous toxins that are found in cigarettes.

How do quit-smoking medications work?

The nicotine replacement products and the other quit-smoking medications help reduce your cravings for cigarettes and help relieve the physical symptoms you may experience when trying to quit.

- Nicotine gum and skin patches provide a steady, low level of nicotine to the bloodstream.
- Nicotine nasal spray and the oral inhaler provide a burst of nicotine in response to urges to smoke.
- The nicotine lozenge relieves cravings by releasing nicotine as it dissolves in the mouth.
- The non-nicotine-based medications act on the brain chemistry to bring about some of the same effects that nicotine has when people smoke.

Who should use quit-smoking medications?

Studies suggest that all people trying to quit smoking could benefit from using quit-smoking medications, except under special circumstances. (People who smoke less than 10 cigarettes per day, adolescents under age 18, pregnant or breastfeeding women, and people with certain medical conditions should not use these products.) People who use quit-smoking products to quit smoking may double or possibly triple their chances of quitting successfully. In fact, research has shown that using these products, along with a comprehensive behavior change program like this Freedom From Smoking[®] guide, can substantially increase the chances of quitting over trying to quit cold turkey.

What quit-smoking medications are available?

Nicotine gum, some nicotine skin patches, and the nicotine lozenge are sold over the counter. Other quit-smoking medications are available by prescription only. These include certain nicotine skin patches, the nicotine nasal spray, the nicotine inhaler, the nicotine lozenge, and the medications Zyban[®] and Chantix[®].

Note: The American Lung Association is neither the manufacturer nor the seller of these products and takes no responsibility with respect to them. Be sure to use any of these products only as prescribed and/or according to the labeling.

Over-the-Counter Nicotine Replacement Therapy

Over-the-Counter	How to Use It	Length of Treatment	Identified Side Effects	Stop Use and Consult a Doctor
Nicotine Gum Brand names include: <ul style="list-style-type: none"> • Nicorette® • Nicorette DS® • Nicorette® Mint 	<ul style="list-style-type: none"> • Chew gum slowly until mouth tingles. Nicotine released from the product is absorbed through your gum and cheek. • “Park” nicotine gum between your cheek and gum. • When tingling goes away, chew again until mouth tingles. • Repeat chew and park steps as directed on package label. 	Take smaller and smaller doses over about 2 to 3 months	<ul style="list-style-type: none"> • Mouth soreness • Hiccups • Indigestion • Jaw ache 	<ul style="list-style-type: none"> • Severe mouth soreness • Severe jaw ache • Nausea • Vomiting • Dizziness • Weakness • Rapid heartbeat
Nicotine Patch Brand names include: <ul style="list-style-type: none"> • Habitrol® • Nicotrol® • Nicoderm CQ® • Prostep® 	<ul style="list-style-type: none"> • Apply patch to skin. Nicotine released from patch is absorbed through skin. • Wear 1 patch for length of time as directed on package label. • Apply new patch to different area of skin. • Wash hands after applying patch to avoid getting nicotine in eyes and nose. 	Take smaller and smaller doses over about 2 months	<ul style="list-style-type: none"> • Local skin irritation (skin redness, rash, or swelling) • Insomnia 	<ul style="list-style-type: none"> • Skin redness, swelling, or rash that doesn’t go away after 4 days • Nausea • Vomiting • Dizziness • Weakness • Rapid heartbeat
Nicotine Lozenge Brand names include: <ul style="list-style-type: none"> • Commit® 	<ul style="list-style-type: none"> • Allow lozenge to dissolve between gum and cheek. Nicotine released from lozenge is absorbed through the cheek and gum. • Use only 1 lozenge at a time. Don’t use more than 5 lozenges in 6 hours, or more than 20 lozenges in 1 day. Using too many lozenges can cause side effects (see list). 	Take smaller and smaller doses over about 3 months	<ul style="list-style-type: none"> • Heartburn • Hiccups • Nausea • Headache • Coughing • Dry mouth • Mouth sores 	<ul style="list-style-type: none"> • Severe nausea • Vomiting • Dizziness • Weakness • Rapid heartbeat

Prescription Nicotine Replacement Therapy

Prescription Only	How to Use It	Length of Treatment	Identified Side Effects	Stop Use and Consult a Doctor
Nicotine Inhaler Brand names include: <ul style="list-style-type: none"> Nicotrol Inhaler[®] 	<ul style="list-style-type: none"> Puff gently on inhaler. Nicotine released from inhaler is absorbed through the lining of the mouth and throat. Hold the inhaled vapor in mouth for a few seconds. Then blow it out. Do not inhale vapor into the lungs. Follow doctor's instructions about how many inhaler cartridges to use and how to taper off. 	Use for up to 6 months; take smaller doses over about 3 months	<ul style="list-style-type: none"> Mouth irritation Throat irritation Coughing Runny nose 	<ul style="list-style-type: none"> Severe mouth irritation Severe throat irritation Nausea Vomiting Dizziness Weakness Rapid heartbeat
Nicotine Nasal Spray Brand names include: <ul style="list-style-type: none"> Nicotrol NS[®] 	<ul style="list-style-type: none"> Spray once in each nostril. Nicotine released from spray is absorbed through the lining of the nasal passages. Follow the detailed instructions on the packaging for how to apply the spray. Don't inhale, sniff, or swallow when spraying. Don't use the spray if you have allergies, asthma, or a nasal or sinus condition. Follow doctor's instructions about how many times to spray during the day and how to taper off. 	Use for 3 to 6 months	<ul style="list-style-type: none"> Moderate to severe nasal irritation (persistent sneezing, coughing, or runny nose and watery eyes), especially in the first 2 days of use Nasal congestion Temporary changes in the sense of taste and smell A hot, peppery sensation in the nose or throat 	<ul style="list-style-type: none"> History of nasal irritation History of sinus allergies Severe persistent sneezing, coughing, or runny nose and watery eyes while using nicotine nasal spray after the first 2 days Nausea Vomiting Dizziness Weakness Rapid heartbeat

Prescription Quit-Smoking Medications

REMOVING ROADBLOCKS

Prescription Only	How to Use It	Length of Treatment	Identified Side Effects	Stop Use and Consult a Doctor
Bupropion SR Brand names include: • Zyban®	<ul style="list-style-type: none"> • Take according to doctor's instructions. • Does not contain nicotine. • Reduces withdrawal symptoms and urges. • May be combined with a nicotine replacement product, such as the nicotine patch or gum, to increase the user's chances of successfully quitting. 	Start 2 weeks before you quit, then take for 2 to 6 months	<ul style="list-style-type: none"> • Skin rash • Insomnia • Dry mouth • Shakiness • Nervousness • Seizure 	<ul style="list-style-type: none"> • Allergy to bupropion • Rash • Hives • Difficulty breathing • Alcohol use. This must be discussed with your doctor before taking bupropion.
Varenicline Brand names include: • Chantix®	<ul style="list-style-type: none"> • Take according to doctor's instructions. • Does not contain nicotine. • Blocks the urge to smoke. • Inform your doctor about all medications you take, especially asthma medicines, insulin, and blood thinners. 	Start 1 week before you quit, then take for 3 months	<ul style="list-style-type: none"> • Nausea • Changes in dreaming • Constipation • Gas • Vomiting 	<ul style="list-style-type: none"> • If persistently troubled by the identified side effects, talk with your doctor about reducing the dose.



Getting Ready to Quit

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*This chapter of your guide helps you set a date to quit smoking and helps you prepare for this day. Research shows that smokers who set a specific date to quit and spend a few days getting ready for this day have a much better chance of being successful. Most ex-smokers can tell you the **VERY DATE** they quit smoking!*

This chapter is for smokers who are ready to overcome most of the problems they think they might have in quitting. It is for smokers who want to quit within the next seven days.

Setting a Quit Day




Do you feel ready to deal with the roadblocks that have been keeping you from quitting? If so, now is the time to set your quit date. Pick a day to quit—about seven days from now. Mark it on the calendar in the center of this book. Then, stop smoking on the day you picked. No fooling around, no kidding yourself, no halfway measures. Just quit. No more cigarettes.

In the next week, you'll be getting ready to quit. You'll learn how to quit right and what to do when you quit. Taking the time now will help you quit for good. The calendar has tips on things to think about and what to do while you're getting ready to quit and after you stop. Any help your family and friends can give will be great.

Did you mark your calendar? Great! Now, tear it out and put it someplace where you won't miss it. Check off each day you've gone without smoking. It's a good way to watch your progress.



Pack Tracks... Find Out Why You Smoke and How to Stop

American Lung Association						
DATE:						
NO.	TIME	NEED			MOOD	
		? yes YES				
1						
2						
3						
4						
5						
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You smoke because you like it? Well, maybe. But there are many other reasons people smoke. If you know where, when, and why you light up, you can plan ahead for those times. Successful quitters plan ahead.

Tear out the Pack Track cards in this book (pages 23–26). Each Pack Track is about the size of a cigarette pack so you can attach it with a rubber band or slip it inside the cellophane. Use one Pack Track for each pack of cigarettes you smoke over the next few days. Every time you smoke, write down the time, the mood you're in, and how much you need that cigarette. Try to keep track of where you were or what you were doing.

If you're in a good mood, check the smiling face column. If you're in a bad mood, check the sad face. If you feel in between, mark the middle face. If you really want that cigarette, check "YES." If you want it but not a lot, pick "yes." If it's no big deal, mark "?".

Using Pack Tracks to Help You Quit

After you've used Pack Tracks for a few days, lay your cards out side by side. Look them over. First, look at your faces.

If you checked mostly happy faces, it's likely that you smoke to relax, feel good, and enjoy good times. Think about where and when you smoke your "I'm feeling happy" cigarettes and who is with you.

If you checked mostly blah faces, it is likely that you smoke out of boredom or pattern. Maybe you like having something in your hand. You may not even realize that you're smoking. Think about where and when you smoke your "I'm feeling bored" cigarettes.

If you checked mostly unhappy faces, it's likely that you smoke when you're tense, angry, or upset. "Unhappy cigarettes" are hard to give up, but you can do it. Many people who quit say they learned that smoking really did not help them deal with unhappy feelings. Think about where, when, and why you smoke your "I'm feeling unhappy" cigarettes.

How Much Did You Need Them?

Now, think about how much you needed each cigarette.

If you picked mostly “YES” you may be highly addicted to nicotine. Nicotine replacement therapy or other medication may help greatly as you quit. See pages 15–18 to learn more.

If you picked mostly “yes” your physical addiction might not be as strong. Quit-smoking medication may help you, but the other techniques in this book may be equally helpful.

If you picked mostly the “?” you may be smoking out of habit. Use this book to figure out what you can do instead of smoking in those situations.

Time and Place

Use your Pack Tracks to figure out your smoking patterns. Think about where you were when you had each cigarette. These times and places may trigger your urge to smoke. Use this information to plan things to do instead of smoking. For example, if you smoke after dinner, try getting up from the table and taking a brisk walk. If you smoke when you're under pressure at work, come up with other ways to deal with stress.

In the next few pages, you'll find suggestions for things to do instead of smoking. We'll tell you about what other people have done, and we'll also ask you to think about what you'll do.



Using Pack Tracks

For every cigarette you light, indicate how much you want that smoke. Check "YES" if you really want or need it, "yes" if it's a normal urge, or "?" if the craving isn't strong.

Then, indicate the mood you're in. Check a:



- Happy face if you're feeling good.
- Blah face if you're bored.
- Unhappy face if you're tense, angry, or upset.



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American Lung Association					
DATE:					
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American Lung Association					
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Plan Ahead

The key to quitting is to plan ahead. That way, wherever you are, you'll have something to do instead of smoking. Use what you've learned so far to write down the three most important cigarettes in your day. Note where and when you have them.

Three most important cigarettes:

Time	Place	Mood

Write down something that you'll do instead of smoking each of those cigarettes, starting tomorrow.

Three things to do instead of smoking:

- 1. _____
- 2. _____
- 3. _____

(For ideas that have worked for other smokers, see the lists on pages 32–33.)

“In the past, I really didn’t think it through. Then I realized that I need to plan what to do in place of smoking. I do have choices.”

Whenever You Want a Cigarette, Try the Four D’s:

- Delay—the urge to smoke will pass whether you smoke or not.
- Deep breathe.
- Drink water.
- Do something to take your mind off smoking. (Pick something from the lists on page 32 or find your own substitute. After a while, you’ll learn what works best for you.)

Remember, the key to success is planning how to deal with your urges before they hit.

Getting Help

Starting now, get help with quitting from the people you know. Many of them will want to help you quit. It's okay to get help from other people. They can't do it for you, but they can make things a little easier for you. Deep down, even smokers will respect you for stopping. Many will wish they could quit, too.

Choose people to help you from your family, workplace, and friends. Be sure to tell them how best to help you. Here are some ways other smokers have gotten help.

Finding People to Help You Quit

*“At first, I felt nervous about asking people to help.
But I found that a lot of my friends have quit, too.
And they had some pretty good tips for me.”*

The letter on the next page is for the person you most want to help you quit.

Contact the American Lung Association at 1-800-LUNG-USA if you need more help.

Freedom From Smoking® Online

The American Lung Association offers another way to stop smoking through its Freedom From Smoking® Online program. The program is based on the same American Lung Association Freedom From Smoking® principles as this book. Users can also access message boards, complete online exercises, and sign up for weekly e-mails. The Freedom From Smoking® Online clinic can be accessed day or night, seven days a week, on any schedule a smoker chooses at www.ffsonline.org.



[Sample Letter to Friend]

Dear _____,

I need your help to stop smoking. Doctors know that friends and family can be a big help to someone who wants to stop smoking.

Here are some things you can do to help me stop smoking for good:

- 1. Be positive. Tell me you're glad I've stopped smoking.*
- 2. Please put up with me if I'm crabby or cranky the first few days after I stop smoking. While I'm giving up cigarettes, I may be on edge. This will go away soon.*
- 3. Ask me how things are going from time to time.*
- 4. Make a change for the better yourself—like eating better or exercising.*
- 5. Reward and praise me. Rewards don't have to cost much. It's the thought that counts.*
- 6. Don't tempt me. It's hard enough without seeing and smelling cigarettes. It'll be tough if you offer me a cigarette or smoke in front of me.*
- 7. Don't nag. Be understanding.*
- 8. If I slip up, tell me not to give up.*

Here are some other things you can do: _____

Thank you for helping me to stop smoking. It means a lot to me.

Sincerely,

Signature of smoker

30 Days to Freedom

1	You can stop smoking! Start getting ready.	2	You'll be better without cigarettes.	3	Plan your rewards for not smoking cigarettes.
7	QUIT DAY! Say goodbye and good riddance to cigarettes. Be good to yourself.	8	Drink 6 to 8 glasses of liquid to flush the nicotine from your body.	9	The carbon monoxide is gone from your body. Reward yourself for two days without a cigarette.
13	Your breath is fresher. Kiss someone.	14	Your clothes smell better.	15	Be proud of yourself.
19	Get lots of exercise to keep the pounds away.	20	Do the relaxation exercise to stay calm.	21	Reward yourself for not smoking.
25	Get help from friends if you can.	26	Your cigarette urges will go away soon.	27	Check your weight. Eat smart snacks.

My Quit Date: _____

4	<i>Tell everyone you're going to stop smoking.</i>	5	<i>Plan what you'll do instead of smoking.</i>	6	<i>Get rid of cigarettes. Stock up on smart snacks.</i>
10	<i>Get up and get moving. Your pulse and blood pressure are already improving.</i>	11	<i>Say no to cigarettes. Spend time with nonsmokers.</i>	12	<i>Your lungs are cleaner. Your cough is going away.</i>
16	<i>You can keep your weight down.</i>	17	<i>Ten days of freedom! Reward yourself.</i>	18	<i>You should have more energy now.</i>
22	<i>Just think, you won't burn any more holes in your clothes or carpet.</i>	23	<i>If you slip, don't give up. Put out the cigarette. Throw away the pack.</i>	24	<i>Think of yourself as a nonsmoker.</i>
28	<i>Call a friend if you need help.</i>	29	<i>Reread your reasons for quitting.</i>	30	<i>Reward yourself—you're on the way to a smoke-free life!</i>

Alternatives to Smoking

Here are some things that have worked for other smokers:

If you're a happy smoker:

- Spend more time with people who don't smoke.
- Cut down on alcohol. Many smokers light up when they drink. Have a nonalcoholic cocktail. Or chew on a swizzle stick.
- Do other things you like: go for a walk, do the relaxation exercise, see a movie, call a friend, reward yourself, work on a hobby.
- If you're going to be with smokers—at a party, perhaps—plan for it ahead of time. Think of yourself there without a cigarette. Imagine how good you'll look without a cigarette. Tell yourself that the good times will be even better without cigarettes.

If you're a bored smoker:

- Get up and get moving.
- Take a walk.
- Do a puzzle.
- Chew gum.
- Eat a low-calorie snack.
- Work on a hobby.
- See a movie.
- Doodle.
- Exercise.
- Crochet.
- Call or get together with a friend.
- Sort coupons.
- Do *anything* to avoid smoking.

If you're an unhappy smoker:

- Squeeze a ball.
- Exercise.
- Hit a pillow.
- Do the relaxation exercise.
- Yell and scream into a pillow.
- Call a friend.
- Throw darts.
- Sew or knit.
- Weed your garden.
- Play with your child or pet.
- Build something.
- Read a good book.
- Crumple up or tear paper.

Identifying Your Smoking Triggers

A trigger is a situation, event, or behavior that sets off the urge to smoke. Triggers can also be thoughts or feelings that remind you of smoking. When you quit, it helps to figure out your smoking triggers. Then decide how you're going to deal with them without smoking.

Here are some examples of triggers and how to deal with them:



Trigger #1: You have a cigarette with your coffee.

Skip the coffee for a while. Drink tea, or take a walk instead. Change the place where you have your coffee. Have a low-calorie snack with the coffee.

Trigger #2: You're having a relaxing evening with friends.

Relax with friends who don't smoke or friends who have agreed to help you quit!

Trigger #3: You're going to be in a group where everyone smokes.

Go where there is a no-smoking area or to a nonsmoker's home! Do something active so you can't smoke.

The whole idea is to change the way you did things when you smoked.

Remember, the urge to smoke will pass in three to five minutes, whether you smoke or not.



Your Quit Day

This chapter covers what to do the day you quit smoking. You'll find out how to get rid of your "old friend." We'll also help you prepare for your life as a nonsmoker.

This chapter is for smokers who want to quit, have overcome most of their roadblocks to quitting, and have spent at least a few days preparing for their Quit Day.

Your Quit Day

Month _____ Day _____ Year _____

- Get rid of all the cigarettes in your home.
- Get rid of your ashtrays, lighters, and matches.
- Look for cigarettes that may be in clothes pockets, in cupboards, or in the car.

Get rid of them!

- Be good to yourself. Eat food you like. See a movie. Take a long bath.
- Do things to take your mind off smoking.
- Exercise.
- Tell friends, family, and co-workers that **you have quit!**

On your Quit Day, take time to go back over sections of the guide you have filled out. Think again about your reasons for quitting. Who is going to help you quit? How are you going to reward yourself for quitting? What will you do instead of having a smoke?

If you found out that you are strongly addicted to nicotine through the questions on page 14, consider the quit-smoking medications in the “Removing Roadblocks” chapter of this guide. These are good aids to help you get through your nicotine craving. Make sure you know how to correctly use the medication you choose:

1. Read the directions carefully. Check with your pharmacist or doctor if you have any questions.
2. Make sure you use the medication exactly as directed.
3. Talk to your doctor before taking any quit-smoking medication if you are in any of these special groups: people who smoke less than 10 cigarettes per day, people under age 18, pregnant or breastfeeding women, and people with certain serious medical conditions, including heart disease and depression.



Reward Yourself

Your Quit Day is one of the most important days of your life. You've gotten ready to quit. You've learned some things to help you make it over the next few weeks without smoking. This is a special day. Be nice to yourself. You deserve it. Reward yourself for not smoking.

Rewards don't have to be big or cost much; they can even be free. But it's important to reward yourself with things you care about or like. Tear this page out and post it where you'll see it as a reminder of your rewards!

Here are some rewards other people have used:

- Buy a new CD, DVD, or magazine.
- Sleep in late.
- Eat food you like.
- Get a new hairstyle for the new you.
- Buy new walking shoes or exercise equipment.
- Call a friend or family member.
- Get tickets to a baseball game or concert.
- Spend extra time on a hobby.
- Go to a movie or rent an old favorite.
- Enjoy an evening out.
- Have someone else do the chores for a week.
- Set aside time to do what you want.

Now, plan your rewards for meeting these big milestones:

<i>After</i>	<i>I will reward myself with:</i>
• 2 days without cigarettes	_____

• 7 days without cigarettes	_____

• 1 month without cigarettes	_____

• 3 months without cigarettes	_____

• 6 months without cigarettes	_____

• 1 year without cigarettes	_____

And You'll Be Rewarded!

As soon as you quit smoking, your body begins a series of healing or recovery changes that continue for years.

20 Minutes After Quitting:

- Your heart rate drops to a normal level.

12 Hours After Quitting:

- The carbon monoxide level in your blood drops to normal.

2 Weeks to 3 Months After Quitting:

- Your risk of having a heart attack begins to drop.
- Your lung function begins to improve.

1 to 9 Months After Quitting:

- Your coughing and shortness of breath decrease.

1 Year After Quitting:

- Your added risk of coronary heart disease is half that of a smoker's.

5 to 15 Years After Quitting:

- Your risk of having a stroke is reduced to that of a nonsmoker's.
- Your risk of getting cancer of the mouth, throat, or esophagus is half that of a smoker's.

10 Years After Quitting:

- Your risk of dying from lung cancer is about half that of a smoker's.
- Your risk of getting bladder cancer is half that of a smoker's.
- Your risk of getting cancer of the cervix, larynx, kidney, or pancreas decreases.

15 Years After Quitting:

- Your risk of coronary heart disease is the same as that of a nonsmoker.

**Now, You've Cleared the Path to Quitting.
You're Ready to Quit.**





Staying Off Cigarettes

This chapter helps you cope with the first few weeks of quitting smoking. You'll find tips on how to deal with tough times.

This chapter is for anyone who has recently quit smoking.

Getting Through the First Week or Two Without Cigarettes

A lot of smokers worry about how they'll feel when they're quitting. Here are some common complaints from other people who quit and what they did to feel better. No two people are alike. Some people have a lot of these complaints. Others don't have any. Keep in mind: each complaint is a sign your body's healing.

<i>If You Have...</i>	<i>Try...</i>
Cough, dry mouth, or nasal drip	Drink plenty of fluids. Try cough drops.
Headaches	Use over-the-counter pain relievers. Take a warm bath or shower.
Dizziness	Take extra caution when rising from a lying or seated position. Move slowly.
Constipation, gas, or stomach pain	Drink lots of fluids. Add fiber to your diet (fruits, vegetables, whole-grain breads, and cereals).
Hunger	Drink water or low-calorie liquids. Be prepared with low-calorie snacks such as raw vegetables.
Fatigue	Get at least eight hours of sleep per night. Take naps if you need to. Exercise and nicotine replacement therapy can help, too.
Insomnia	Avoid caffeine after 6 p.m. Take warm baths or do the relaxation exercise before going to bed.
Irritability	Go for walks. Do the relaxation exercise. Try using a quit-smoking medication.
Lack of concentration	Plan workload accordingly. Avoid extra stress as much as possible during the first few weeks.
Cravings for a cigarette	Wait out the urge—urges last only a few minutes. Use the Four D's on page 27.

Remember: These problems don't last long—and they're signs that your body is recovering. Once you get through the first week or two, you'll be on the way to feeling a lot better. The next section will cover ways to deal with feelings you may have when you stop smoking.



Dealing with Tough Times

What tough times will you have?

Here are some tough moments other people have had when they stopped smoking. A few tips on how they coped with these tough times are also listed. These suggestions worked for them. They might work for you, too.

If You Are...	Try...
Feeling tense	Do the relaxation exercise (see page 11) or take a brisk walk.
Around other smokers	Say no when a smoker offers you a cigarette, avoid other smokers, go to places where smoking isn't allowed, do something active so you can't smoke.
Bored	Find something to do instead of smoking a cigarette. Take a long walk; pick up a pencil and doodle; do anything but smoke.

“I like to have something in my mouth. Now that I don’t smoke, I chew sugarless gum, eat carrot sticks, or suck on hard candy. It takes away that urge to have a cigarette in my mouth.”

“I told everyone I knew that I had quit smoking. That was real helpful, because people knew that the last thing I needed was the offer of a cigarette.”



“I tried the breathing technique—the relaxation exercise—and it surprised me. Afterwards I didn’t want to smoke.”

“For the first few weeks after quitting, I held myself to a drink or two at the most. Any more than that gave me a real urge to smoke.”

Caution: Drinking alcohol will increase your urge to smoke!

When Other People Don't Understand

Quitting smoking is an important step for you. While many people want to help you quit, some don't understand what you are going through and may not make it easy for you. For help dealing with the negative people, try to remember all the reasons for quitting you wrote down in the chapter "Starting Out." You can also talk to the people you know who want to help you quit. Review pages 28–29 in the chapter "Getting Ready to Quit."

Using positive feedback

*"When I told my neighbor I planned to stop smoking, she said,
'Oh sure, you've stopped many times.'"*

Here's one way that you could respond:

*"Sure, I went back to smoking before. But doctors now say that
I was practicing to quit. This time, I'm going to learn about my
smoking, plan other things to do, and quit for good. Most quitters
need to try a few times before they quit for good."*

Don't let anyone put you down. You can do it.

45

We said no and meant it

Saying no to cigarettes is one of the secrets to success. It's okay to say no, and there are many ways to say it. Practice until you find the right one for you. The more you say no, the easier it'll be.

Nice: *"Thanks, but I'd rather not. You see, I quit."*

Firm: *"No, thanks. I'm trying to quit. If you really want to help me,
you won't offer me a cigarette again."*

Sharp: *"No. You really aren't doing me a favor by trying to get me to
smoke when I'm trying to quit." (Save this one for a last resort
if you want to keep your friends.)*

Humorous: *"I'm sorry, I can't. I'm in training for the Boston Marathon, and
my coach won't let me."*

Write down your version of saying no to cigarettes: _____

Sliding Back



*What do you do if you slip up and smoke?
You get back on track.*

*This chapter is for people who have quit
smoking for a while but smoked since then.*

What If You Smoke?

If you slip and smoke a cigarette or two:

Don't worry. This doesn't mean you've failed. Give yourself a break. Forgive yourself. Millions of people who have quit smoking slip and smoke a cigarette. And many of these smokers still end up quitting for good. Here are some steps you can take to quit for good:

- Treat your situation like an emergency and get out of it. **Stop smoking immediately.** Take action. Get rid of all cigarettes.
- Once you've removed yourself from the situation, think about what went wrong. Where were you? What were you doing? Who were you with? Figure out what caused the slip.
- Next, decide what to do if this situation comes up again.

"I smoked when a friend of mine at work offered me a cigarette. I hadn't told him that I had quit. I just took the cigarette. Now, when someone outside of work offers me a cigarette, I just say, 'No thanks, I've quit!'"



If you have relapsed and gone back to smoking:

Go back through the sections of this guide that will help get you back on track. The chapter “Starting Out” will help you make up your mind to quit again. Then find the sections that apply to your personal interests and concerns.

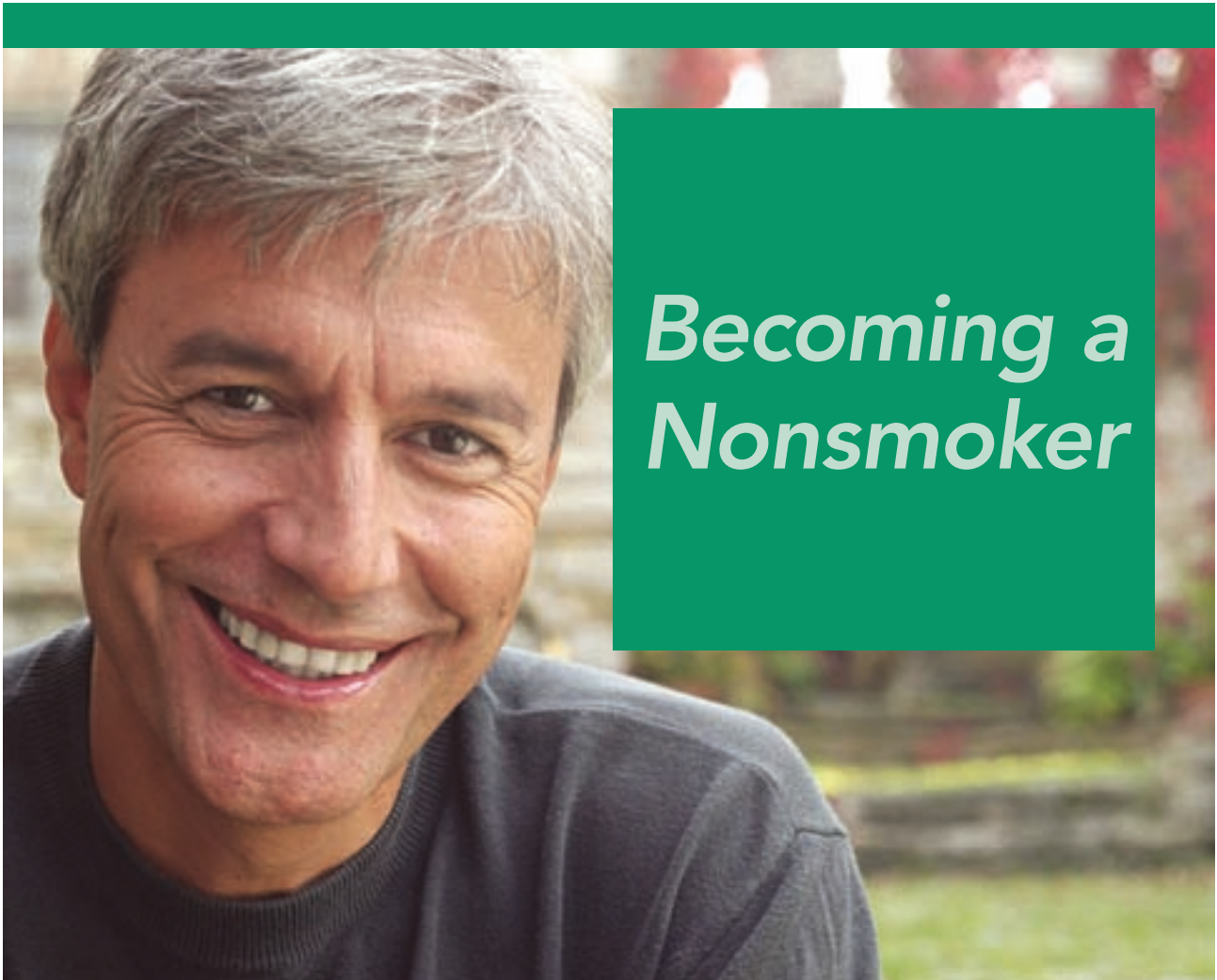
- **If you’re worried about gaining weight:** See the Smart Snacks lists (page 13) in the chapter “Removing Roadblocks.”
- **If you’re feeling stressed:** See the chapter “Removing Roadblocks” for the relaxation exercise and exercise tips.
- **If it seems too hard to quit:** Review the “Alternatives to Smoking” on page 32 to see what has worked for other smokers.
- **If you’re having trouble giving up nicotine:** Review the quit-smoking medications in the “Removing Roadblocks” chapter. Discuss with your doctor if they’re right for you.
- **If you need help saying no to offers of cigarettes:** Read the section “We said no and meant it,” on page 45. This section gives tips on how to say no without turning people off.

Once you’re back on track, set a **new quit day**. Tell everyone that you are quitting. Most people practice quitting smoking a number of times before they succeed for good. Make a list of the coping strategies that are sure to work for you. Forget about plans that didn’t work in the past. Try new ones. And review your list of reasons for wanting to quit on page 6. Review it again whenever you feel you’re slipping back. When the urge hits, say “I’m going to make it this time.”

And remember to give yourself a pat on the back for every cigarette you don’t smoke, for every time you say no. Each small victory helps you become a nonsmoker.

Contact your local American Lung Association at 1-800-LUNG-USA if you need more help.





Welcome to life as a nonsmoker.

This chapter is for people who quit smoking and stayed off cigarettes for at least two weeks.

Thinking Like a Nonsmoker

One way of overcoming your addiction is by changing your frame of mind. It's time to start thinking of yourself as a **nonsmoker**. A way to do that is to remind yourself of all the reasons for quitting. Check off the statements below that apply to you. If you can think of other good things about being a nonsmoker, write them in at the bottom of the list.

- ☐ I feel better.
- ☐ My health is improving.
- ☐ I don't smell like cigarettes anymore.
- ☐ I'm saving money.
- ☐ I'm taking control of my life.
- ☐ I'm no longer hurting the people around me with secondhand smoke.
- ☐ I'm setting a better example for my family.

Other reasons:

Count Your Savings

One of the rewards of not smoking is that you'll save money. Whether you smoked one pack a day or three, the savings add up. And just think of all the ways you can spend this money now! Here are your savings*:

Money Saved Over Period of Time (in Dollars)					
Time	Packs of Cigarettes Smoked Each Day				
	1	1.5	2	2.5	3
Day	\$ 5.00	\$ 7.50	\$ 10.00	\$ 12.50	\$ 15.00
Week	\$ 35.00	\$ 52.50	\$ 70.00	\$ 87.50	\$ 105.00
Month	\$ 150.00	\$ 225.00	\$ 300.00	\$ 375.00	\$ 450.00
Year	\$ 1825.00	\$ 2737.50	\$ 3650.00	\$ 4562.50	\$ 5475.00

*This is an average. Actual costs vary widely by location.

Reward Yourself

In addition to changing your frame of mind, it's important that you reward yourself for becoming a **nonsmoker**. People who reward themselves for quitting are more likely to succeed, so...

- Go out to a movie.
- Buy a magazine.
- Take time to do nothing.
- Take yourself out for dinner.
- Get tickets to a concert or sporting event.

Helping Others Quit

If you've recently quit smoking, you know what it takes. Helping others quit can help you stay a **nonsmoker**.



Here are steps to use in helping people quit:

- Step 1:** Find out whether the person really wants to quit. Nine out of ten smokers say they do. If they don't want to quit, find out why not.
- Step 2:** After you find out what's keeping the smoker from quitting, share ideas from this guide to help the smoker overcome any barriers.
- Step 3:** Have the smoker set a Quit Day. Follow up and be encouraging. Show you have faith that the smoker will quit for good. Nagging never helped anyone quit smoking.
- Step 4:** Check up after the smoker's Quit Day. You can support a person who's just quit by:
- Helping with small chores around the house.
 - Giving rewards for each day off cigarettes.
 - Suggesting he/she call the local American Lung Association at 1-800-LUNG-USA for more support.
 - Giving encouragement for progress.

Quitting During Pregnancy

***There's Never Been a Better Time to Quit!
Smoking is very harmful to unborn babies.***

The risks include:

- Miscarriage and stillbirth
- Premature delivery
- Low birth weight

Babies born to mothers who smoked during pregnancy are at greater risk of:

- Sudden infant death syndrome (SIDS)
- Ear infections, colds and other lung problems



Secondhand smoke is dangerous, too. (see page 5)

Ask family, friends, babysitters, and daycare workers not to smoke indoors or anywhere near the baby. Stay away from places where smoking is allowed.

How to quit smoking for the pregnant smoker.

This Freedom From Smoking® Guide can help with the following:

- Asking for help from your doctor or nurse and from family and friends, pages 28–29.
- Making a list of reasons for wanting to quit, for yourself as well as for your baby, page 6.
- Learning ways to exercise, relax, and stock up on smart snacks, pages 11–13.
- Setting a Quit Day, pages 20.
- Learning about your smoking pattern and planning ways to cope with smoking urges after you quit, pages 20–22 and 27.
- Slipping and smoking, and then getting back to trying to quit again. The only failure is if you stop trying, pages 48–49.

For more help, contact the American Lung Association at 1-800-LUNG-USA (1-800-586-4872).

It's just as important to stay quit after the baby is born.

Secondhand smoke is very harmful to your baby. Babies of smokers get more respiratory illnesses. If you smoke and breastfeed, nicotine passes into breast milk and is ingested by your baby. By quitting for good, you and your baby can begin a smoke-free life together.

On the Road to Staying Smoke-Free

Congratulations! You're on the road to staying smoke-free. It's a better life for you and the people around you. Be proud of yourself, and enjoy your smoke-free life.

From time to time, you may want to smoke. But your urges will decrease each day. Always be on guard. Remember, it's easier to have none than one. If you feel the urge, use the tips from this guide that have worked for you in the past. And call the American Lung Association if you need more help.

Every day, it'll be easier to say, "I don't smoke!"

Congratulations from all of us who have quit.

We're proud to have you with us.



Acknowledgments

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*For additional help, contact the
American Lung Association at
1-800-LUNG-USA (1-800-586-4872).*

*Or join Freedom From Smoking® Online
at www.ffsonline.org.*

Ways to Support and Get Involved with the American Lung Association

For more information on any of the following ways to support or get involved with the American Lung Association, call 1-800-LUNG-USA (1-800-586-4872) or visit www.lungusa.org.

e-Newsletters

The American Lung Association has an e-newsletter for everyone. Sign up at www.lungusa.org for newsletters on topics including asthma news, lung cancer, indoor air, flu, chronic obstructive pulmonary disease (COPD), lung disease research, tobacco control, lung health advocacy, healthy homes, and even comics about lung health!

e-Advocacy Network

The American Lung Association Action Network is a dynamic communications hub allowing volunteer advocates from coast to coast to immediately contact their decision makers—via e-mails, faxes, or phone calls—on issues that are key to the American Lung Association's mission: to prevent lung disease and promote lung health. Sign up for the American Lung Association Action Network by going to www.lungaction.org.

Donate Online

It's easy to donate online and you'll know in an instant that your gift was received. Visit www.lungusa.org to make a donation to help all Americans breathe easier. Our **General Donation** form allows you to submit a one-time gift or a recurring contribution. Our **Memorial Donation** form allows you to give in honor of a loved one or recognize a special occasion. Our **Golf Privilege Card**[®] program (www.golfprivilegecard.org) offers free or reduced greens fees, and other special golf deals. You can even donate your car to help support our efforts through the **Vehicle Donation Program**. Visit www.lungusa.org/vehicledonation to submit your car online. Thanks to MissionFish and eBay's Giving Works, you can support lung health by selling your treasures on eBay and designating all or a portion of the proceeds to the American Lung Association.

Holiday Giving

Since 1907, our fall **Christmas Seals**[®] campaign has been supporting the American Lung Association. Visit www.christmasseals.org to join our mailing list and be sure you receive your very own seals, holiday greeting cards and address labels to brighten your holiday season.

Other Ways to Give

Planned giving is donating to charity that is coordinated with financial and estate planning to serve both philanthropic and personal needs. Planned giving incorporates many different kinds of financial and tax benefits. **Memorial gifts** honor the memory of a friend or relative in a meaningful way. You can even create a special page at our online Wall of Remembrance. Through a Gift Annuity you can make a donation and in return designate fixed payments to one or two individuals, for their lifetime. **Special occasion gifts** celebrate birthdays, graduations, anniversaries, and recovery from illness with a donation to the Lung Association.

Special Events

American Lung Association offices around the country hold a variety of events that are designed to raise awareness and funds. The events range from physical activities like walks, rides, and climbs to galas where you have the chance to bid on silent auctions. Your active participation or financial support of a participant will help raise the funds necessary to support our continuing work in advocacy, research, and education. Visit www.lungusa.org or call 1-800-LUNG-USA to find an event near you.

Volunteer

The American Lung Association is powered by the passion of volunteers. Our more than 437,000 volunteers show their passion by raising money for lung disease research, teaching children how to avoid asthma episodes and educating young people about the dangers of tobacco. They also help smokers break their addiction to nicotine, and fight for tougher air-quality standards so all Americans can breathe easier. Some take to the trails on Asthma Walks or Bike Rides to help raise money and build awareness of lung disease. Get involved and give your time and expertise to our many programs and services serving your community. Call 1-800-LUNG-USA to find out how.

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About the American Lung Association

*Now in its second century, the American Lung Association is the leading organization working to save lives by improving lung health and preventing lung disease. With your generous support, the American Lung Association is "Fighting for Air" through research, education and advocacy. For more information about the American Lung Association or to support the work it does, call **1-800-LUNG-USA** (1-800-586-4872) or visit **www.LungUSA.org**.*

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